



# Health Fair

**Grade Level:** Foundational    **Lesson Plan Timeframe:** 2-3 days    **Topic:** Health Fair  
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<b>Overview &amp; Purpose</b> Students will identify and research the aspects of a healthy lifestyle and organize their information into a Health Fair.	<b>FCCLA National Program(s)</b> Student Body
<u><b>Idaho Standards</b></u> EFCS 5.0   TL 8.0   YL 5.0   TLC 4.1   FHW 1.0-4.0   NF 1.0, 2.0, 4.0 AL 3.0, 4.0   HS 4.1   L 3.2   EA 3.1   ECP 4.2 <u><b>National FACS Standards</b></u> 1.0   2.0   3.0   6.0   8.0   9.0   11.0   12.0   14.0	<b>Programs of study</b> Teen Living Nutrition and Foods Adult Living Child Development

<b>Lesson Plan Goals &amp; Objectives</b> (Specify skills/information that will be learned.)	Students will identify the aspects of a healthy life Students will explore what it takes to be healthy Students will organize and carry out a health fair
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Paper</li> <li>• Pencil</li> <li>• Computer with internet</li> <li>• Display boards</li> </ul>
<b>Introduction of Subject</b> Anticipatory set (Give and/or demonstrate necessary information)	Ask students what they think it takes to have a healthy life? Discuss
<b>Steps Guided Practice Verification</b> (Steps to check for student understanding)	Identify areas that health is important for Mental Physical Emotional

<b>Activity 1</b> (Describe the independent activity to reinforce this lesson)	Have students brainstorm ideas for research that a person may want to know more about regarding health. For example- healthy foods, healthy exercises, brain exercises, stress relief, ect.  Have each student or pair of students select an area to research and create a 3-5 minute presentation on.
<b>Activity 2</b> (Describe the independent activity to reinforce this lesson)	Once the research is done, have students put everything together to create a health fair. Discuss time frame, location, additional resource to include such as guest speakers or local care givers, and whom to invite.
<b>Activity 3</b> (Describe the independent activity to reinforce this lesson)	Hold the health fair.
<b>Assessment</b>	Student discussion Student presentations Health fair
<b>Summary/Evaluation</b> (Assign Homework, or Reflect on the Outcomes)	Write a one page paper on what you learned about being more healthy and what you plan to implement in your own life.
<b>Other Resources</b>	(e.g. Web, books, etc.) <a href="http://fcs.tamu.edu/health/health_fair_planning_guide/index.php">http://fcs.tamu.edu/health/health_fair_planning_guide/index.php</a> <a href="https://www.lcms.org/graphics/assets/media/WRHC/HFM.pdf">https://www.lcms.org/graphics/assets/media/WRHC/HFM.pdf</a>
<b>Additional Notes</b>	
<b>Source</b> (If Applicable : cite any published or copyrighted materials used in this lesson plan)	National Spotlight Project

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